



inTransition
COACHING • CONNECTING • EMPOWERING

The *inTransition* Program: Support for service members receiving mental health treatment

Transitions in military service can be challenging. Any transition – be it a call to active duty, relocation or other events – can take its toll. Service members presented with such a transition challenge while in mental health treatment, may need extra resources.

Help is now available through the *inTransition* Program.

The *inTransition* program offers:

- Each service member a one-on-one transitional support coach, available by phone, who is a master's-level, licensed behavioral health clinician
- Support for service members' mental health and wellness through the coaches' use of motivational interviewing, readiness and action planning to identify and address challenges
- Information for service members about their mental health care and how to successfully change providers at the time of transfer or discharge
- Assistance with referrals to and follow-up with new providers to ensure effective continuity of care for service members
- Information about local community resources, support groups, healthy lifestyle options, benefit enrollment and other health resources
- Crisis intervention services to help members with urgent/emergent conditions attain safe and appropriate services
- Toll-free program access and additional program information at www.health.mil/inTransition

The *inTransition* program is designed to make sure the service members you treat are given the necessary resources to maintain treatment gains, connect with an ongoing provider and achieve positive outcomes. The program is just a phone call away, so please take advantage of this resource on behalf of the service members in your care.

Providers can contact *inTransition* at:

1-800-424-7877 *Inside the United States;*

1-800-424-4685 (DSN) *Outside the United States toll-free; or*

1-314-387-4700 *Outside the United States collect.*

For more information about the *inTransition* program, please visit to www.health.mil/inTransition. Go to the Provider Spotlight to find the Health Affairs Policy, FAQs, the provider orientation webinar schedule and downloadable communication materials.

